



Pittsburgh Center for Complementary
Health and Healing



*Nurture Your Body, Calm Your
Mind, Inspire Your Spirit*

www.PghHealthandHealing.com

(412)242-4220

About PCCHH



The Pittsburgh Center for Complementary Health and Healing, and its highly trained wellness team, are dedicated to the peace, relaxation and vitality of our clients. Our tranquil atmosphere, soothing aromas and calming sounds infuse all of our spa services, while our wellness team customizes your service to ensure a blissful retreat leaving you feeling vibrant, healthy and peaceful.

Here at the Pittsburgh Center for Complementary Health and Healing, we acknowledge and honor that, when a client is on our table, more is present than just their muscles, bones and organs. Clients carry with them their unique essence and life experiences, which have formed how they move and carry their bodies in the world. Our unique approach ensures that clients are supported on more than just a physical level, so that inner peace and healing can happen at the root cause of imbalance, rather than just at the level of symptoms.

In all of our sessions we provide a safe, inclusive environment where clients are free to experience a deeper connection with their body, mind, and spirit.

We acknowledge that each client's needs are unique, which is why at the Pittsburgh Center for Complementary Health and Healing we take the time before and after each session to thoroughly understand our client's individual health goals.

This dedication and passion for our work is truly what sets us apart from the rest.

Our skilled staff of Licensed Massage Therapists, Energyworkers, and Yoga Instructors provide empowerment and successful results leaving a lasting impression which our clients take into their daily lives.

~Gift Certificates Available~

(412)242-4220 | www.pghhealthandhealing.com

1124 South Braddock Ave. Suite B, Pittsburgh, PA 15218

Our approach is not intended to replace the care of a medical professional, but is used to improve your quality of life.

Please be aware that we have a 24 hour cancellation policy.

Hours & Prices are subject to change* Prices with Nikki Remic-Bannon vary.

Energy Medicine & Wellness Services

At the Pittsburgh Center for Complementary Health and Healing all of our services are focused on your well-being and quality of life. True wellness comes when all aspects of the self; physical, mental, emotional, & spiritual are nurtured and balanced. Our energy medicine and wellness services not only address the anatomy and physiology of the body, but also work with; the body/mind connection, the chakra system, the

meridians, and the consciousness stored within the cells of our body. Our unique approach ensures that clients are supported on more than just a physical level so that inner peace and healing can happen at the root of imbalance rather than just at the level of symptoms. The services provide a holistic approach to assist you in your transformation to living a life of health and joy.



ENERGY MEDICINE | WELLNESS SERVICES

	DURATION	PRICE
Cellular Expansion & Healing	45/60	95/120
Reiki	30/45/60	55/75/90
Foot Reflexology & Peppermint Foot Treatment	60	85
Lymphatic Drainage	60/75/90	100/110/140
Oncology Massage	30/45/60	60/80/100
Geriatric Massage (*Off Site Price Varies by Travel)	30	55*
Intuitive Fascial Touch	60/90	90/130

YOGA TREATMENTS

	DURATION	PRICE
Private Yoga	60	65
Semi Private Yoga (Up to 4 students)	60	65 + \$10 per person



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Massage & Spa Services



Treat yourself to some relaxation and restoration with our award-winning massage and spa services! Around the world in all cultures hands-on massage and spa treatments have been used to maintain health and well-being. At the Pittsburgh Center for Complementary Health and Healing we draw from the best of these traditions combining new awareness and ancient techniques with mindful presence to customize all of our services to best suit the needs and goals of our clients, from relaxation to pain management.

SIGNATURE MASSAGE SERVICES

	DURATION	PRICE
Customized Therapeutic Massage	30/45/60 75/90/120	55/75/90 110/130/170
Body & Soul Massage & Foot Soak	90/105	135/150
Lavender Mint Aromatherapy Massage & Foot Soak	75/90/105	115/135/150
Ayurvedic Hot Stone Spa Ritual	90	160
Muscle Melt Massage & Foot Soak	90/105	145/160
Deluxe Red Rock Deep Heat	105	170
“Head-to-Toe” Massage & Foot Reflexology	75/90 120	110/140 160
Mind Body Renewal	75/90	125/145
Thai Massage	60/90	90/130

SPA TREATMENTS

	DURATION	PRICE
Sacred Stone Facial Treatment	60	115
Botanical Mud Detox Treatment	60	135
Signature Body Polish with Massage	90	170
Honey Citrus Hand & Foot Treatment	60	100



Ask about our Seasonal Spa Treatments

Enhancements

We created our Enhancements Menu because what you want matters!

At the Pittsburgh Center for Complementary Health and Healing we want you to be able to create the treatment of your dreams! The Enhancements are designed to be added to any full length service to help melt your worries and deepen your relaxation. And if you don't see it on our menu, feel free to ask and we will try to make it happen!



ENHANCEMENTS

	DURATION	PRICE
Hot Stones	N/A	25
Hot Stone Foot Treatment	15	30
Hand Paraffin	N/A	25
Foot Paraffin	N/A	25
Hand & Foot Paraffin	15	40
Mineral Foot Soak	15	30
Mineral Foot Soak with Scrub	20	40
Reiki Add-On	15	30
Restful Mind Scalp & Face Treatment	20	40
Steam Tent Treatment	20	40
Castor Oil Pack/Lymphatic Oils	N/A	5/10

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Fertility, Pregnancy & Women's Health

At the Pittsburgh Center for Complementary Health and Healing, we honor and nurture the divine creative ability within women. Our menu of Women's Health Services offers women the ability to be supported during the conception process with Fertility Massage, through Pregnancy & Postpartum with our unique tailored sessions, and their month-to-month health and wellness with Arvigo Technique of Maya Abdominal Massage.

FERTILITY & WOMEN'S HEALTH

	DURATION	PRICE
Fertility Massage	90/120	160/200
Couples Fertility Massage Instruction	90	160
Arvigo Technique of Maya Abdominal Therapy	90/120	180/220

PREGNANCY TREATMENTS

	DURATION	PRICE
Pregnancy Massage	60/90	100/140
The Pampered Mama	105	170
Balanced Mama Pregnancy Massage & Facial	120	180
Mother Earth Pregnancy Massage & Foot Treatment	120	160
Prenatal Body & Soul Massage & Foot Soak	90/105	145/160
Induction Massage	75	120
Celebration Postpartum Massage	75/90	115/135
Mother Roasting	105	185

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Couples Massage & Spa Services



At the Pittsburgh Center for Complementary Health and Healing, share an intimate bonding experience of peace and well-being, with a Couples Side-by-Side Massage or Spa Service in our soothing environment designed to bring you and your loved one to a state of complete relaxation and rejuvenation. Imagine the two of you...lying side-by-side, relaxing from the worries of the world, in a warm room with the calming scents of

aromatherapy oils, and the nurturing of a customized therapeutic massage. It is the perfect environment to enjoy a special bonding session for couples, close friends, or family members. Indulge in the shared experience of peace and well-being. You don't need to do anything except relax and enjoy! Two tables, two therapists, one lasting relationship!

COUPLES SIDE-BY-SIDE SERVICES

*Prenatal massage available for most couples sessions upon request for additional fee

	DURATION	PRICE
Couples Customized Aromatherapy Massage	60/90	200/280
Couples Hot Stone Spa Ritual	90	340
Couples Muscle Melt Massage	105	340
Couples Chianti "Head-to-Toe" Reflexology & Massage	120	360
Couples Peruvian Chocolate Indulgence	120	360
Couples Lavender Mint Aromatherapy Massage & Mineral Foot Soak	75 / 90 105	260/290 320
Couples Massage Instruction	90	160

CHILDREN

	DURATION	PRICE
Side-by-Side "Mommy & Me"	45	150



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Awards & Recognition

“People Love Us on Yelp”
2016
Yelp Award Recipient

“Best Spa in Pittsburgh for
Massage & Wellness”
2014 SpaIndex

“Super Service Award” 2012
Angie’s List

“Best Day Spa” 2012 Trib Total
Media Readers’ Poll

“50 Fun Things You MUST Do” 2011
Pittsburgh Magazine

“Best Massage” 2011
Pittsburgh Magazine Readers’ Poll

“Socially & Environmentally
Conscious Business”
Green America

“Best Spa” 2009
Pittsburgh Magazine
Readers’ Poll

“Top 40 Under 40” 2007
Pittsburgh Magazine

Hours of Operation

Appointments available 7 days a week

We look forward to supporting you in reaching your
physical, emotional, mental, and spiritual health goals!



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